



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Aquatic EXPLORERS

a YMCA program

## GROUP SWIM LESSONS JACK FLORANCE MINGO POOL

### SUMMER SESSION SWIM LESSONS

Tuesday, May 28th through Thursday, August 1st

### REGISTRATION

MEMBERS – April 27th

NON MEMBERS – May 2nd

### RATE:

\$50.00 per session

## CONTACT US:

Kaylyn Kiser (P) 740.203.3051 (E) [kaylyn.kiser@ymcacolumbus.org](mailto:kaylyn.kiser@ymcacolumbus.org)

(W) [www.ymcacolumbus.org/swim-lessons](http://www.ymcacolumbus.org/swim-lessons)



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## SESSION A: JUNE 3– JUNE 13

9:00–9:30AM	9:35–10:05AM	10:10–10:40AM	10:45–11:15AM
Preschool Level 1	Preschool Level 1	Level 3	Level 3
Preschool Level 2	Preschool Level 2	Level 3	Level 3
School Age Level 1	School Age Level 1	Level 4	Level 4
School Age Level 2	School Age Level 2	Level 5	Level 5

## SESSION B: JUNE 17– JUNE 27

9:00–9:30AM	9:35–10:05AM	10:10–10:40AM	10:45–11:15AM
Preschool Level 1	Preschool Level 1	Level 3	Level 3
Preschool Level 2	Preschool Level 2	Level 3	Level 3
School Age Level 1	School Age Level 1	Level 4	Level 4
School Age Level 2	School Age Level 2	Level 5	Level 5

## SESSION C: JULY 8– JULY 18

9:00–9:30AM	9:35–10:05AM	10:10–10:40AM	10:45–11:15AM
Preschool Level 1	Preschool Level 1	Level 3	Level 3
Preschool Level 2	Preschool Level 2	Level 3	Level 3
School Age Level 1	School Age Level 1	Level 4	Level 4
School Age Level 2	School Age Level 2	Level 5	Level 5

## SESSION D: JULY 22– AUGUST 1

9:00–9:30AM	9:35–10:05AM	10:10–10:40AM	10:45–11:15AM
Preschool Level 1	Preschool Level 1	Level 3	Level 3
Preschool Level 2	Preschool Level 2	Level 3	Level 3
School Age Level 1	School Age Level 1	Level 4	Level 4
School Age Level 2	School Age Level 2	Level 5	Level 5

### CONTACT US:

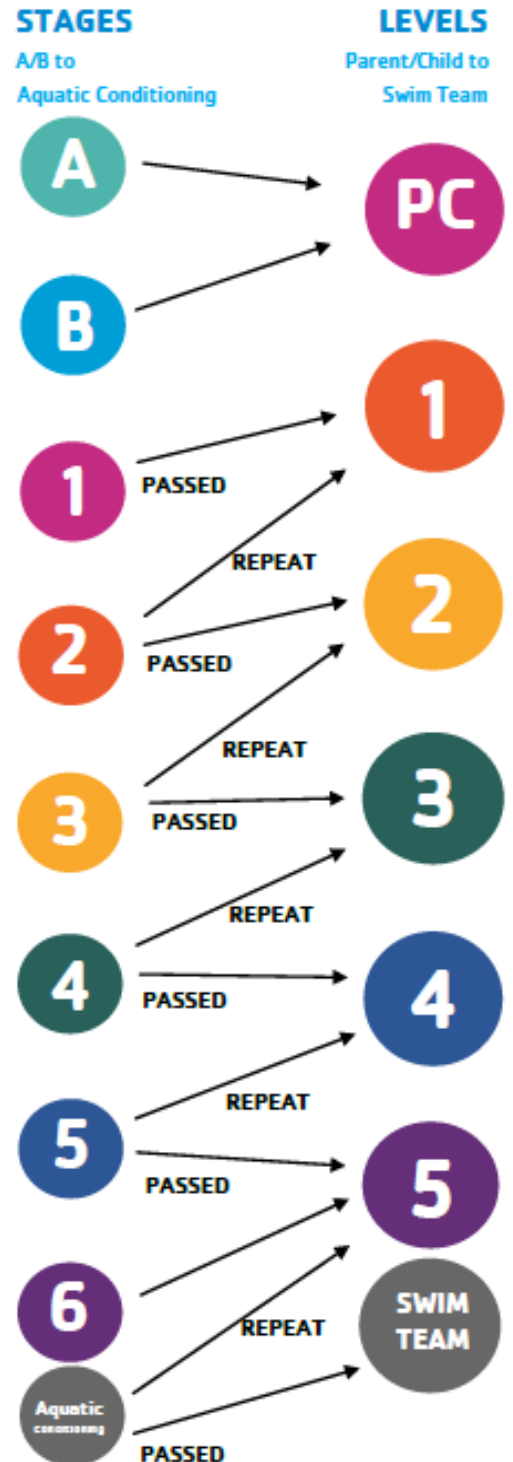
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# LEVEL-UP! CONVERSIONS



## SCHEDULE A SWIM ASSESSMENT:

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# SWIM LESSON DESCRIPTIONS

<b>SWIM BASICS</b>	<p>Swimmers learn personal water safety and achieve basic swimming competency by learning two benchmark skills:</p> <p>1) <b>Swim, float, swim</b> – sequencing front glide, rolling, back float, rolling, front glide</p> <p>2) <b>Jump, push, turn, grab</b> – sequencing jumping in, pushing off, resurfacing, turning around, grabbing onto the wall and exiting the water.</p>
<p><b>Level 1:</b> Water Movement</p>	<p>Increases comfort with underwater exploration and introduces basic self-rescue skills performed independently.</p> <p><i>Prerequisites:</i> Must be toilet trained; be able to follow verbal commands and willing to work in the water without a parent.</p>
<p><b>Level 2:</b> Water Stamina</p>	<p>Develops endurance &amp; forward movement in water and basic self-rescue skills all performed independently.</p> <p><i>Prerequisites:</i> Completion of skills in Level 1.</p>

<b>SWIM STROKES</b>	<p>Having mastered the fundamentals, students learn additional water safety skills, build stroke technique, develop skills that prevent chronic disease, increase social-emotional/cognitive well-being, and foster a lifetime of physical activity.</p>
<p><b>Level 3:</b> Stroke Introduction</p>	<p>Introduces basic stroke technique in front crawl and back crawl, butterfly and breaststroke kick and reinforces water safety through treading water and elementary backstroke.</p> <p><i>Prerequisites:</i> Completion of skills in Level 2.</p>
<p><b>Level 4:</b> Stroke Development</p>	<p>Introduces breaststroke and butterfly strokes and reinforces water safety through building endurance.</p> <p><i>Prerequisites:</i> Completion of skills in Level 3.</p>
<p><b>Level 5:</b> Future Riptide</p>	<p>Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.</p> <p><i>Prerequisites:</i> Completion of skills in Level 4.</p>

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